



Trinity Womens Care
GYNECOLOGY AND OBSTETRICS

727.372.0006

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POST-OPERATIVE INSTRUCTIONS LAPAROSCOPY, TUBAL LIGATION, LASER LAPAROSCOPY

Though your incisions are small, you had major surgery! Easy does it, especially for the first few days. Resume driving when you are sure you could slam on the brakes or turn a steering wheel sharply to avoid an accident.

Call us immediately at (727)372-0006 for any of the following:

Temperature of 101 degrees or higher

Nausea or vomiting lasting more than 24 hours

Expect the following:

Pain throughout the lower abdomen as well as at the incisions

Bruising on the abdomen

Light bleeding from the vagina

Shoulder pain - Sometimes this is the worst pain you will have. It is caused by irritation to the diaphragm. The same nerve that supplies the diaphragm supplies the shoulder. This pain may take up to a week to resolve.

Sore throat - General anesthesia requires a tube to be placed in your airway to allow breathing. This can irritate the airway. Chloroseptic and ibuprofen will help with this.

Here are a few recommendations to make your recovery easier.

Eat a low-fat, high fiber diet for the first week after surgery. It is common to have changes in your bowel function (constipation or bowel cramping) after general anesthesia and abdominal surgery. Eating high-fat comfort food, may result in worsened cramping.

Take Ibuprofen (if you are not allergic or intolerant to it) at a dose of 800 mg (four over-the-counter pills) at every meal for two or three days.

Take pain medications prescribed to you if you need them. Don't be tough - it's harder to get out of pain than to keep pain at a minimum.

You may shower normally. Soap and water are fine on the incision. You may also clean the incision with hydrogen peroxide, but do not use any antibacterial ointments. Dry the incision well after bathing.

You may resume sexual activities one week after uncomplicated laparoscopy.

